

What is Step Therapy?

Step Therapy is a program especially for people who take prescription drugs regularly — that is, for an ongoing condition like arthritis, asthma or high blood pressure. It provides the safe, effective treatment you need while keeping your costs as low as possible.

The program moves you along a well-planned path, with your doctor approving your medications.

- ***Generic drugs are usually in the first step.*** Tested and approved by the U.S. Food & Drug Administration (FDA), the generics provided by your plan are effective for treating many medical conditions. This first step lets you begin or continue treatment with prescription drugs that have the lowest copayment.
- ***Brand-name drugs are usually in the second step.*** If your path requires more medications, then the program moves you along to this next step. Brand-name drugs have a higher copayment.

How does Step Therapy work?

- When you submit a prescription that is not for a first-step drug, you or your pharmacist should contact your doctor. Only your doctor can approve and change your prescription to a first-step drug. You can call Express Scripts to get some examples of safe, effective first-step drugs to discuss with your doctor.
- If you have already tried the first-step drugs provided by your program, or your doctor decides you need a different drug for medical reasons, then your doctor can call Express Scripts to request a “prior authorization.” An Express Scripts agent will check your plan’s guidelines to see if a second-step drug can be covered. If it can, you could pay a higher copayment than for a first-step drug. If your “prior authorization” does not meet the established clinical criteria and is denied, you may need to pay the full price of the drug.
- If you are currently stabilized on a brand-name medication that is targeted by the step therapy program, your plan has arranged to allow you to continue taking the brand-name medication. Prior authorization criteria shall be a part of the program. Participants shall be “grandfathered” for any second-line drug(s) if they do not break therapy for 130 days.

The following chart contains examples of step therapy categories.

Category	Example of Medications	Primary Indications
ACE Inhibitors	Aceon [®] , Altace [®] , Lexxel [®] , Lotrel [®] , Mavik [®] , Monopril HCT [®] , Monopril [®] , Tarka [®] , Uniretic [®] , Univasc [®]	Hypertension, Heart Failure
Angiotensin II Receptor Antagonist	Atacand HCT [®] , Atacand [®] , Avalide [®] , Avapro [®] , Benicar [™] , Cozaar [®] , Diovan HCT [®] , Diovan [®] , Hyzaar [®] , Micardis [®] , Micardis [®] HCT, Teveten [®] ,	Hypertension, Heart Failure

Category	Example of Medications	Primary Indications
	Teveten [®] HCT	
Anxiolytic	Niravam [®] , Tranxene SD [®] , Paxipam [®] ,	Anxiety
Beta Blocker	Coreg [®] , Toprol XL [®] , InnoPran XL [®] Inderal LA [®] , Corzide [®] , Levetol [®] , Timolide [®]	Hypertension
Bile Acid	Welchol [®]	High blood cholesterol
Brand Non-steroidal anti-inflammatory drugs (NSAIDs)	Arthrotec [®] , Mobic [®] , Ponstel [®]	Arthritis, Dysmenorrhea
Calcium Channel Blockers	Cardene SR [®] , Covera-HS [®] , Verelan PM [®] , Norvasc [®] , Sular [®] , DynaCircCR [®]	Hypertension, angina
COX-2	Celebrex [®]	Osteoarthritis, Rheumatoid Arthritis, Acute Pain, Primary Dysmenorrhea
Enhanced HMG	Advicor [®] , Altoprev [®] , Caduet [®] , Lescol/XL [®] , Lipitor [®]	High blood cholesterol
Inspira	Inspira [®]	Hypertension/Congestive Heart Failure
Leukotriene Pathway Inhibitors	Accolate [®] , Singulair [®] , Zflo [™]	Asthma
Lyrica	Lyrica [®]	Pain/Seizures
Metformin	Glucophage [®] XR 750mg, Fortamet [™] ER, Riomet [™]	Type 2 Diabetes
Nasal Steroid	Rhinocort Aqua [®] , Beconas AQ [®] , Nasacort AQ [®] , Nasarel [®] , Nasonex [®]	Allergies
Other Antidepressants	Cymbalta [®] , Effexor [®] , Effexor [®] XR	Depression, Anxiety
Proton Pump Inhibitors	Aciphex [®] , Nexium [®] , Prevacid [®] , Protonix [®]	Gastroesophageal Reflux Disease (GERD), Erosive Esophagitis, Duodenal Ulcers, Hypersecretory Conditions, Gastric Ulcer
Selective Serotonin Reuptake Inhibitor	Lexapro [™] , Paxil [™] CR, Pexeva [™] , Prozac [®] Weekly [™] , Sarafem [™]	Depression, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Panic Disorder, Posttraumatic Stress Disorder
Strattera	Strattera [®]	Attention-Deficit/Hyperactivity Disorder
Topical Immunomodulators	Elidel [®] , Protopic [®]	Atopic Dermatitis
Xopenex	Xopenex [®]	Asthma